
❖ The Strawberry Vine ❖

Alice E. Souza,
Executive Director

October, 2004

Tel. 508-823-0095
www.dighton-ma.gov

SERVING ALL DIGHTON CITIZENS OVER 60 YEARS OF AGE

The purpose of the Council on Aging is to help and serve it's seniors. There is no membership. Everyone is invited to participate in all activities at the senior center. Come by and enjoy.

FLU CLINIC

The Annual Flu Clinic will be held on Wednesday, November 17, 2004 from 3:00 p.m. to 5:00 p.m. in the lower level of the Dighton Town Hall. This service is for Dighton residents 60 years of age and over and those with chronic health conditions. Walk-in's are welcome. A donation jar will be available.

DIABETES AND THE FLU

For people with diabetes, the flu can mean more than just aches and pains. It can mean longer illness, hospitalization, or worse. Because diabetes can make the immune system more vulnerable to severe cases of the flu, people with diabetes should talk to their doctor first before receiving the vaccine.

REVERSE MORTGAGE SEMINAR

Certified Senior Advisor, Carol Miller, will be at Lincoln Village for seniors and their families on Monday, October 18, 2004 at 10:00 a.m. to explain how Reverse Mortgages work and how to qualify for one. Reverse Mortgages are not very well understood by the public and are under-utilized by seniors to solve many cash flow problems. Reverse mortgages are primarily designed to strengthen a senior's personal and financial independence by providing funds without a monthly payment burden. Please call Alice at 508-823-0095 to register.

HEALTH PLAN OPTIONS

A representative from Blue Cross and Blue Shield will be at Lincoln Village on Wednesday, October 6, 2004 at 10:00 a.m. to present "Health Plan Options for Seniors". Topics to be covered include: Medicare; Medigap; Medicare Plus Choice plans; Prescription Advantage; Medicare Drug Discount Cards and the Medicare Part D drug benefit. With everything that is going on in health care, this should be a valuable presentation. Please call 508-823-0095 if you plan on attending.

MEDICAID & YOUR HOME

A Legal Representative from Seniors Law Project will be at Lincoln Village on Wednesday, October 27, 2004 at 10:00 a.m. to discuss how Medicaid can affect your estate should you end up in a nursing home. Please see the insert enclosed for more detailed information. If you plan on attending this meeting on the 27th, please call 508-823-0095 to register.

FUEL ASSISTANCE

If you are in need of fuel assistance and would like to apply, appointments can be made by calling Citizens for Citizens at 508-823-6346.

DIGHTON SENIORS

Do you know anyone who may be in need of food assistance? Please call 508-823-0095, we may be able to help.

VOLUNTEERS NEEDED

Once again the Council on Aging is looking for people to help with raking leaves or shoveling snow for the elders in our community. If you, or someone you know, would like to help out, please call Alice at 508-823-0095.

WEBSITE

Don't forget to check out the Town of Dighton's new website at www.dighton-ma.gov. You'll find useful Council on Aging information under the "Boards and Committees" link.

SILVER SCREEN CLASSICS

Don't miss this month's Silver Screen Classic! On Tuesday, October 5th, at 1:00 p.m., Alfred Hitchcock's "Lifeboat" starring Talula Bankhead, will be the feature presentation. Admission cost is only \$1.00 and includes coffee, snacks, popcorn and soda. This movie will be shown at Showcase Cinemas 1 through 10, Route 114 in Seekonk, MA. Get there early!

**SENATOR PACHECO
AT LINCOLN VILLAGE**

Senator Mark Pacheco, or a representative, will be at Lincoln Village on the second Thursday of every month. Office hours will be held from 1:00 to 2:00 p.m. barring a scheduling conflict. If you have any needs or concerns that his office can help you with, come to Lincoln Village on Thursday, October 14th at 1:00 p.m.

BLOOD PRESSURE/SUGAR SCREENING

Blood pressure and blood sugar screenings will be held on Tuesday, October 19, 2004 at Lincoln Village. Please call 508-823-0095 for an appointment. The next blood sugar screening will be held in January.

"WELLNESS CLINIC"

A wellness clinic will be held on Tuesday, October 19th during our blood pressure and blood sugar screening. The scheduled topic to be addressed will be "Depression Awareness." Feel free to drop by.

MASSAGE THERAPY

A chair massage is a 15 minute Japanese Acupressure massage of the head, neck, shoulders, back, arms, and hands. The recipient is fully clothed and sits comfortably in a specialized therapeutic chair. The massage reduces muscle tension and calms the nervous system. Licensed Massage Therapist, Karen Tripp will be on hand from 9:00 a.m. to 10:00 a.m. at the October 19th wellness clinic. If you would like to try a "chair massage", mini sessions will be offered for \$5.00 on a first come, first served basis.

SOJOURN BEAR PROJECT

For those of you who helped make sojourn bears in the past, classes will start up again on Monday, October 18, 2004. If you aren't familiar with this project, a sojourn bear is an original, handmade teddy bear made by caring volunteers to be distributed to cancer patients everywhere to help provide comfort during a very difficult time. If you'd like to be a part of this worthwhile project, come and join us on October 18th. These sessions are held in the Lincoln Village Community Center from 10:00 a.m. to 12:00 noon. We can always use people to help sew, cut and stuff these adorable teddy bears.

COURAGE

"Courage is fear holding on a minute longer."
- General George S. Patton

LET'S GET PHYSICAL

Exercise Classes are held on Monday and Wednesday mornings at 9:00 a.m. in the Lincoln Village Community Center. Classes just \$2.00.

TAI CHI

Tai Chi classes are held every Friday at 9:00 a.m. in the Lincoln Village Community Center. Did you know that Tai Chi is a fun way to help you maintain or regain your balance and posture? This is a great way to help prevent osteoporosis! Why not think about adding Tai Chi to your regular weekly exercise program? Classes only \$3.

LINE DANCING

Line Dancing Classes are held on Thursday mornings at 10:00 a.m. in the Lincoln Village Community Center. Lessons only \$2.00. Come on out. It's a fun way to exercise!

TEN SUPER FOODS YOU SHOULD EAT

1. **Cantelope**: 1/4 of a delicious melon supplies almost as much vitamin A and C as most people need in an entire day.
2. **Sweet Potatoes**: A nutritional All-Star—one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber.
3. **Skim or Low Fat Milk**: Excellent source of calcium, vitamins, and protein with little or no artery-clogging fat and cholesterol.
4. **Kellogg's All Bran or Post 100% Bran**: A half-cup serving provides more than 1/3 of the fiber you need for an entire day—to reduce the risk of constipation and heart disease.

1. **Oranges**: Great-tasting and rich in vitamin C, Folic acid and fiber.
2. **Broccoli**: Lots of vitamin C, carotenoids, and folic acid.
3. **Whole-Grain Bread**: It's higher in fiber and about a dozen vitamins and minerals than enriched white bread or "wheat" bread.
4. **Watermelon**: Excellent source of vitamin C and carotenoids—and it tastes great!
5. **Beans**: Inexpensive, low fat, and rich in protein, iron, folic acid, and fiber.
6. **Spinach or Kale**: Loaded with vitamin C, carotenoids, calcium and fiber.

WHAT MEN SHOULD KNOW

Millions of men suffer from an enlarged prostate. Although it may be a common part of aging, men don't have to live with the bothersome symptoms. When the prostate enlarges, it may be accompanied by urinary symptoms that can lead to a gradual loss of normal bladder function. This condition is called benign prostatic hyperplasia (BPH). It is important to note that BPH is not cancer and is treatable, in most cases, without surgery. Signs of BPH include a recurrent urgent need to urinate, pushing or straining to begin urination and frequent urination, especially at night. If you experience signs or symptoms of urination difficulty, see your doctor. Your discomfort may be treatable. Your doctor will help you decide what treatment option is best for you.

October 2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Delicious, nutritious meals at Prime Time. Please call 24 hours in advance for reservations.	October 30th Remember to change your Smoke Detector Batteries when you switch to Daylight Savings Time	Need transportation? Call Dial-A-Ride (508)823-8828		1) Walking Club Tai Chi @ 9:00 Lincoln Village
4) <i>Exercise @ 9:00</i> Walking Club at Town Hall Whist	5) Walking Club at Town Hall <i>Silver Screen Classic</i>	6) <i>Exercise @ 9:00</i> Pokeno, cribbage 1pm Health Plan Options @ 10:00 a.m.	7) Walking Club at Town Hall Line Dancing @ 10	8) Walking Club Tai Chi @ 9:00 Lincoln Village
11) Closed Columbus Day	12) Walking Club at Town Hall	13) <i>Exercise @ 9:00</i> Pokeno, cribbage @ 1:00 pm at L.V.	14) Senator Pacheco at Lincoln Village 1:00 Line Dancing @ 10	15) Walking Club Tai Chi @ 9:00 Lincoln Village
18) <i>Exercise @ 9:00</i> Reverse Mortgage Seminar @ 10:00 Whist, Sojourn Bears	19) Wellness Clinic Blood Pressure/Sugar <u>Massage Therapy @ 9</u> Walking Club	20) <i>Exercise @ 9:00</i> Pokeno, cribbage @ 1:00 pm at L.V.	21) Walking Club at Town Hall Line Dancing @ 10	22) Walking Club Tai Chi @ 9:00 Lincoln Village
25) <i>Exercise @ 9:00</i> Walking Club At Town Hall	26) Walking Club at Town Hall	27) <i>Exercise @ 9:00</i> Pokeno, cribbage 1pm Medicaid & Your Home 10:00	28) Walking Club at Town Hall Line Dancing @ 10	29) Walking Club Tai Chi @ 9:00 Lincoln Village

Many Services are available through your local Council on Aging Office. Below are just a few programs available: Mass Health Buy-In Program; Food Stamps; Project Bread's Food Source Hotline; Prescription Advantage Insurance Program; Nutrition Program; Vial of Life Program; RUOK Program; SHINE Program; Legal Assistance; Meals on Wheels; Health Checks and much more. If you have any questions at all concerning elder affairs please do not hesitate to call. We are here to help! Do you have any ideas that might improve what we are already doing or what we could be doing? Please call 823-0095 and let us know.

Mission Statement: It shall be the mission of the Dighton Council on Aging to promote, evaluate, and encourage new and existing activities and services which will enhance the quality of life of elders living in the Town of Dighton.

Dighton Council on Aging
300 Lincoln Avenue
North Dighton, MA 02764

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